

Effective value of the axial-vector coupling constant in β and $\beta\beta$ decays

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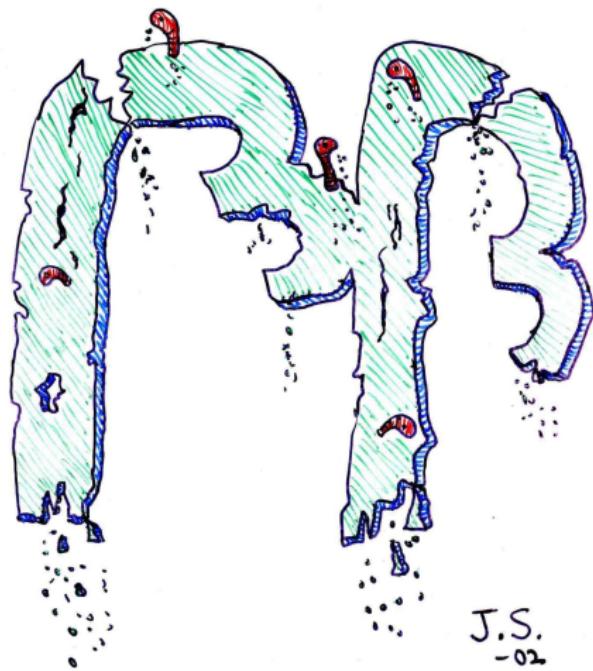
Matrix Elements for Double-beta-decay EXperiments (MEDEX'17)
Prague, Czech Republic, May 29 - June 2, 2017



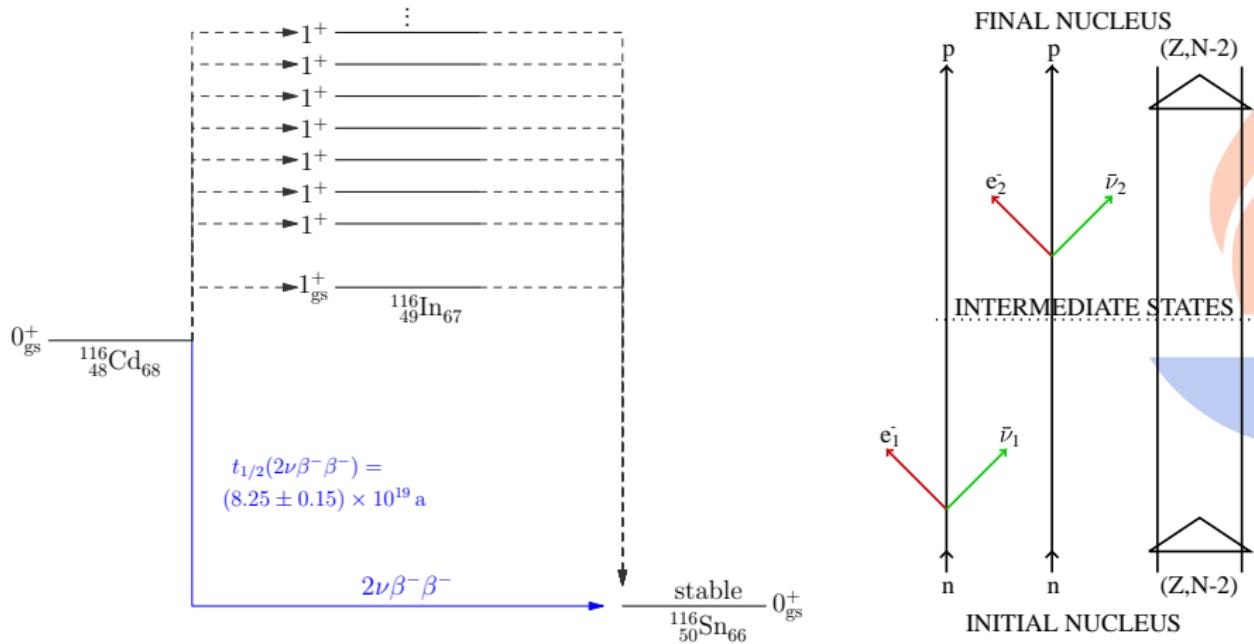
Contents:

- Incentive: Why Bother?
- GT and SD β Decays
- Unique Spin-Multipole Decays
- Nonunique forbidden β Decays (spectrum-shape method)
- ~~Isovector spin multipole GRs~~

Motivation for the Work: Double Beta Decay

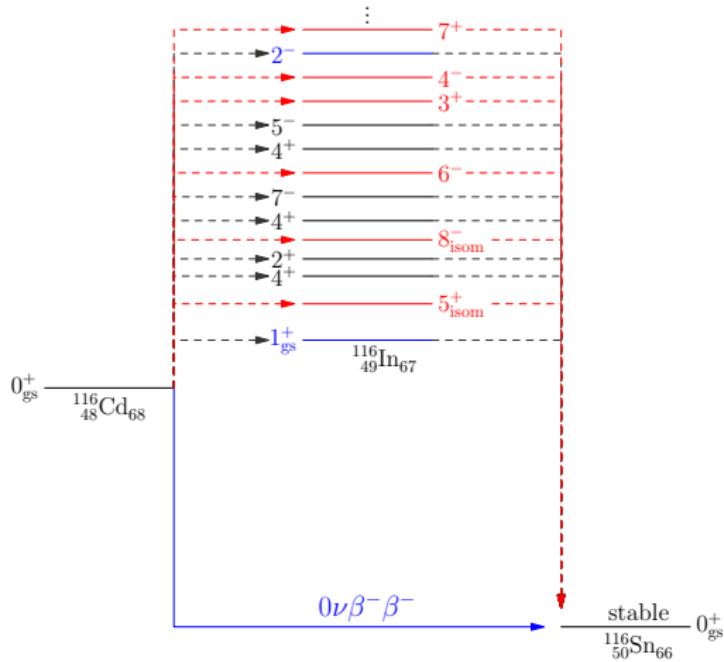


Two-Neutrino Double Beta Decay of ^{116}Cd

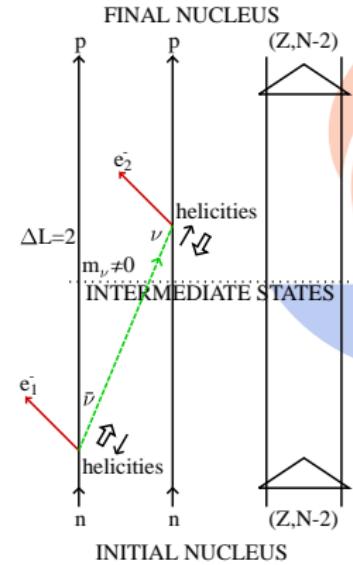


$$2\nu\beta\beta - \text{rate} \sim \left| M_{\text{GTGT}}^{(2\nu)} \right|^2 = (g_A)^4 \sum_{m,n} \frac{M_L(1_m^+) M_R(1_n^+)}{D_m}$$

Neutrinoless Double Beta Decay of ^{116}Cd



MASS MODE



$$0\nu\beta\beta - \text{rate} \sim \left| M_{\text{GTGT}}^{(0\nu)} \right|^2 = (g_{A,0\nu})^4 \left| \sum_{J^\pi} (0_f^+ || \mathcal{O}_{\text{GTGT}}^{(0\nu)} (J^\pi) || 0_i^+) \right|^2$$

Definitions

Quenching:

$$q = g_A/g_A^{\text{free}}$$

Free value of g_A :

$$g_A^{\text{free}} = 1.27$$

Effective value of g_A :

$$g_A^{\text{eff}} = q g_A^{\text{free}}$$

Gamow-Teller β decays

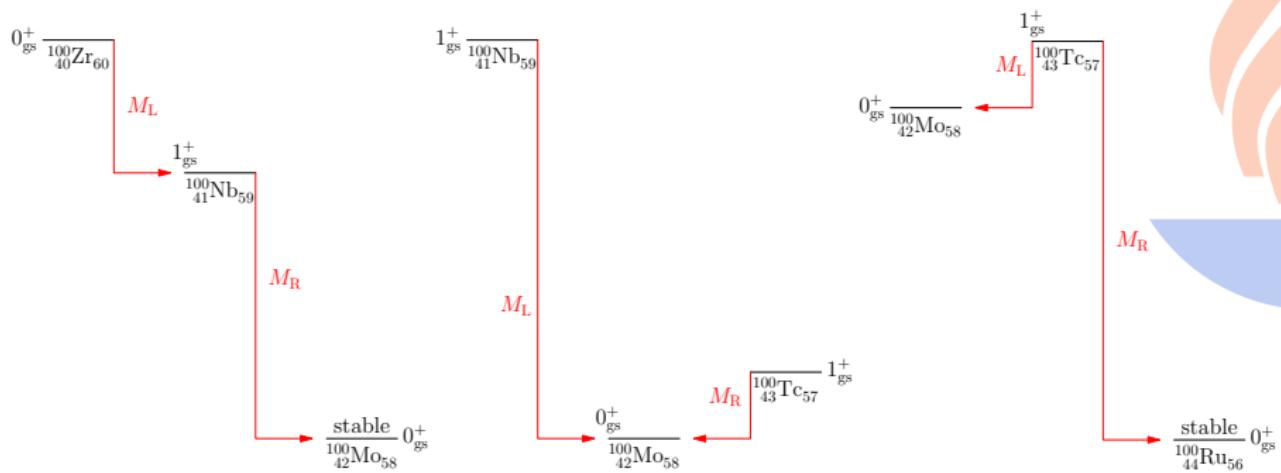
There are data on:

Gamow-Teller β TRANSITIONS

Theoretical approaches:

ISM (Interacting Shell Model)
pnQRPA (proton-neutron QRPA)

Typical Gamow-Teller β transitions



Interacting Shell Model (ISM)

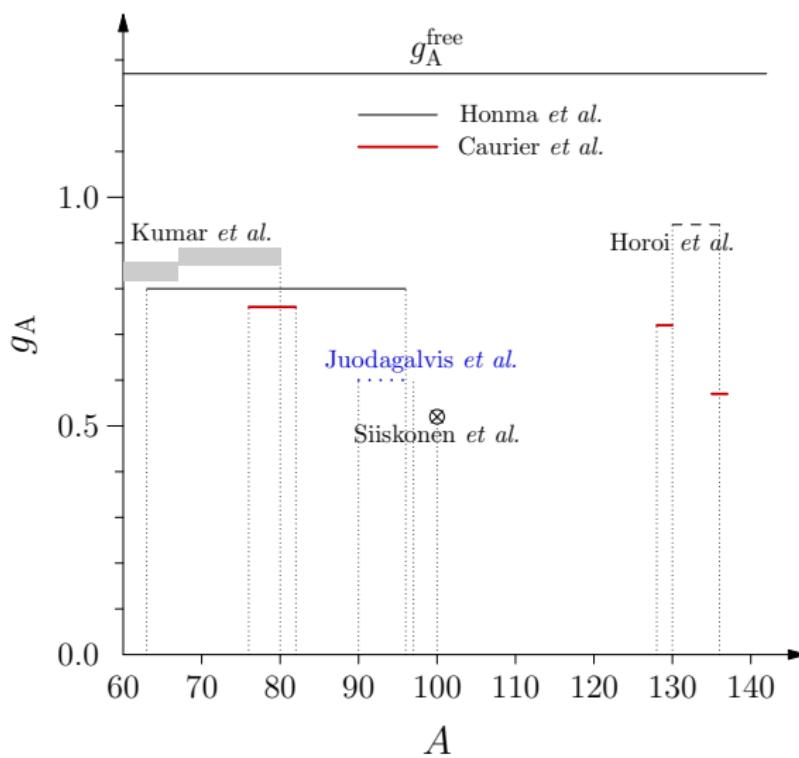
Results from:

Quenching of g_A
in the ISM calculations

Results from the ISM

| Mass range | g_A^{eff} | Reference |
|--|---------------------------|---------------------------------------|
| Full $0p$ shell | $1.03^{+0.03}_{-0.02}$ | W. T. Chou <i>et al.</i> 1993 |
| $0p$ – low $1s0d$ shell | $1.12^{+0.05}_{-0.04}$ | D. H. Wilkinson <i>et al.</i> 1974 |
| Full $1s0d$ shell | $0.96^{+0.03}_{-0.02}$ | B. H. Wildenthal <i>et al.</i> 1983 |
| | 1.0 | T. Siiskonen <i>et al.</i> 2001 |
| $A = 41 - 50$ ($1p0f$ shell) | $0.937^{+0.019}_{-0.018}$ | G. Martínez-Pinedo <i>et al.</i> 1996 |
| $1p0f$ shell | 0.98 | T. Siiskonen <i>et al.</i> 2001 |
| ^{56}Ni | 0.71 | T. Siiskonen <i>et al.</i> 2001 |
| $A = 52 - 67$ ($1p0f$ shell) | $0.838^{+0.021}_{-0.020}$ | V. Kumar <i>et al.</i> 2016 |
| $A = 67 - 80$ ($0f_{5/2}1p0g_{9/2}$ shell) | 0.869 ± 0.019 | V. Kumar <i>et al.</i> 2016 |
| $A = 63 - 96$ ($1p0f0g1d2s$ shell) | 0.8 | M. Honma <i>et al.</i> 2006 |
| $A = 76 - 82$ ($1p0f0g_{9/2}$ shell) | 0.76 | E. Caurier <i>et al.</i> 2012 |
| $A = 90 - 97$ ($1p0f0g1d2s$ shell) | 0.60 | A. Juodagalvis <i>et al.</i> 2005 |
| ^{100}Sn | 0.52 | T. Siiskonen <i>et al.</i> 2001 |
| $A = 128 - 130$ ($0g_{7/2}1d2s0h_{11/2}$ shell) | 0.72 | E. Caurier <i>et al.</i> 2012 |
| $A = 130 - 136$ ($0g_{7/2}1d2s0h_{11/2}$ shell) | 0.94 | M. Horoi <i>et al.</i> 2016 |
| $A = 136$ ($0g_{7/2}1d2s0h_{11/2}$ shell) | 0.57 | E. Caurier <i>et al.</i> 2012 |

Results from the ISM (illustration)



- Kumar *et al.*: J. Phys. G 43 (2016) 105104
- Honma *et al.*: J. Phys. Conf. Ser. 49 (2006) 45
- Caurier *et al.*: Phys. Lett. B 711 (2012) 62
- Horoi *et al.*: Phys. Rev. C 93 (2016) 024308
- Juodagalvis *et al.*: Phys. Rev. C 72 (2005) 024306
- Siiskonen *et al.*: Phys. Rev. C 63 (2001) 055501

Proton-neutron Quasiparticle Random-Phase Approximation (pnQRPA)

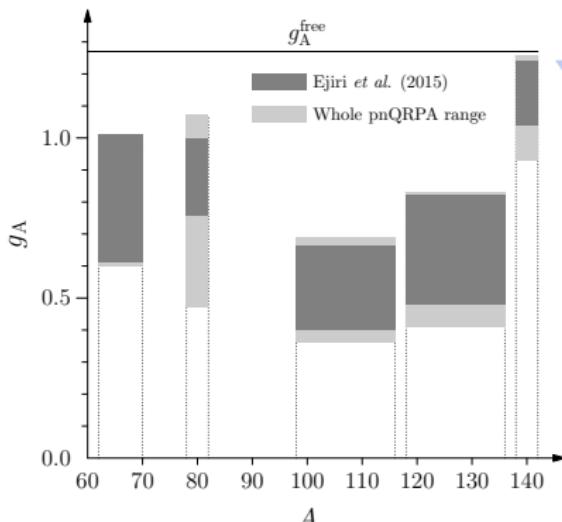
Results from:

Quenching of g_A
in the pnQRPA calculations

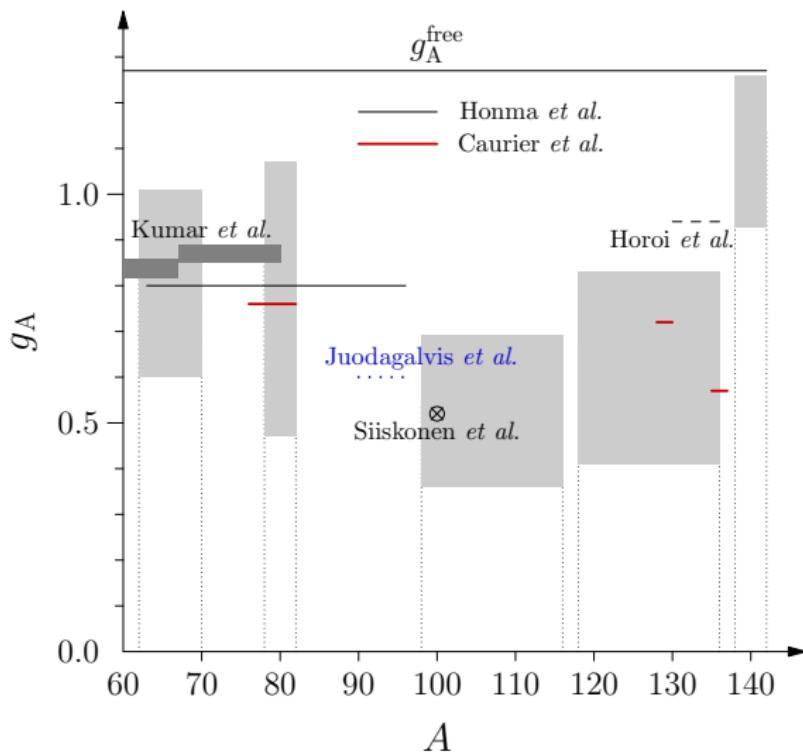
Results from the pnQRPA

| A | pn Conf. | \bar{g}_A^{eff} | | | | $\bar{g}_{\text{PP}} [1]$ |
|-----------|-----------------------|--------------------------|-----------------|-------------------|-----------------|---------------------------|
| | | [2] | [1] (tripl.) | [1] (mult.) | [3] | |
| 62 – 70 | $1p_{3/2} - 1p_{1/2}$ | 0.81 ± 0.20 | 0.80 ± 0.20 | 0.84 ± 0.15 | - | 0.71 ± 0.34 |
| 78 – 82 | $0g_{9/2} - 0g_{9/2}$ | 0.88 ± 0.12 | 0.77 ± 0.30 | (0.87 ± 0.74) | - | 0.53 ± 0.33 |
| 98 – 116 | $0g_{9/2} - 0g_{7/2}$ | 0.53 ± 0.13 | 0.54 ± 0.15 | 0.53 ± 0.14 | 0.52 ± 0.16 | 0.74 ± 0.17 |
| 118 – 136 | $1d_{5/2} - 1d_{5/2}$ | 0.65 ± 0.17 | 0.65 ± 0.16 | 0.59 ± 0.18 | 0.67 ± 0.16 | 0.56 ± 0.24 |
| 62 – 136 | | 0.72 ± 0.16 | 0.69 ± 0.12 | 0.71 ± 0.17 | 0.60 ± 0.11 | 0.63 ± 0.11 |
| 138 – 142 | $1d_{5/2} - 1d_{3/2}$ | 1.14 ± 0.10 | 1.13 ± 0.13 | 1.07 ± 0.14 | - | 0.59 ± 0.11 |

- [1] F. Deppisch, J. Suhonen,
Phys. Rev. C 94 (2016) 055501
- [2] H. Ejiri, J. Suhonen, J. Phys.
G 42 (2015) 055201
- [3] P. Pirinen, J. Suhonen, Phys.
Rev. C 91 (2015) 054309



Results from the ISM on top of the pnQRPA ranges



- Kumar *et al.*: J. Phys. G 43 (2016) 105104
- Honma *et al.*: J. Phys. Conf. Ser. 49 (2006) 45
- Caurier *et al.*: Phys. Lett. B 711 (2012) 62
- Horoi *et al.*: Phys. Rev. C 93 (2016) 024308
- Juodagalvis *et al.*: Phys. Rev. C 72 (2005) 024306
- Siiskonen *et al.*: Phys. Rev. C 63 (2001) 055501

Calculations for the β decays and $\beta\beta$ decays

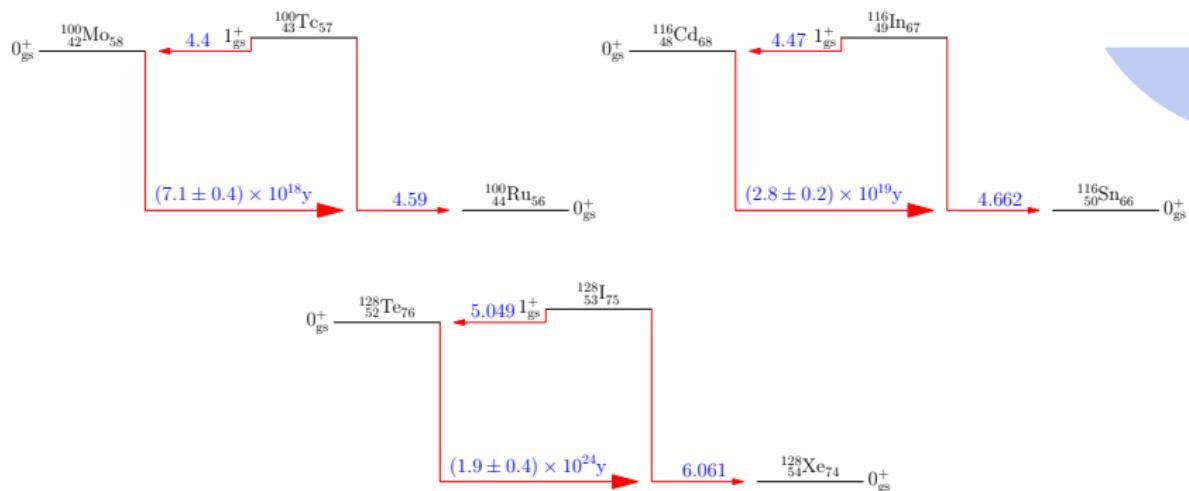
Results from:

Quenching of g_A
in the pnQRPA-based,
ISM-based and
IBM-based calculations
of β decays and $\beta\beta$ decays

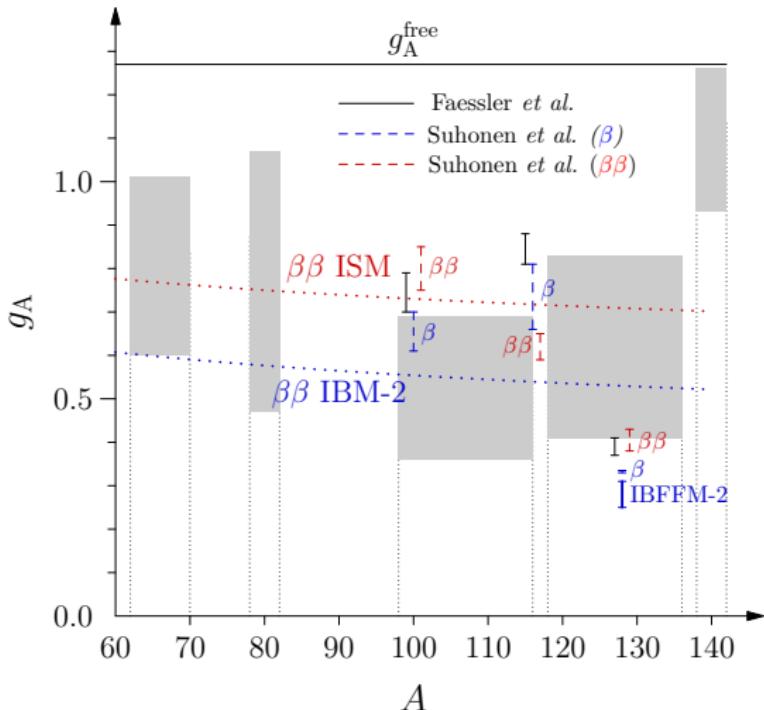
Results from the pnQRPA, IBM-2, and IBFFM-2

| A | pnQRPA | | | IBFFM-2 [1] | | IBM-2 [2] |
|-----|-------------------------------|------------------|-----------------------|--------------|-------------------|-------------------|
| | $g_A(\beta + \beta\beta)$ [3] | $g_A(\beta)$ [4] | $g_A(\beta\beta)$ [4] | $g_A(\beta)$ | $g_A(\beta\beta)$ | $g_A(\beta\beta)$ |
| 100 | 0.70 – 0.79 | 0.61 – 0.70 | 0.75 – 0.85 | - | - | 0.46(1) [SSD] |
| 116 | 0.81 – 0.88 | 0.66 – 0.81 | 0.59 – 0.65 | - | - | 0.41(1) [SSD] |
| 128 | 0.37 – 0.41 | 0.330 – 0.335 | 0.38 – 0.43 | 0.25 – 0.31 | 0.293 | 0.55(3) [CA] |

[1] N. Yoshida, F. Iachello, Prog. Exp. Phys. 2013 (2013) 043D01 ; [2] J. Barea, J. Kotila, F. Iachello, Phys. Rev. C 87 (2013) 014315 ; [3] A. Faessler *et al.*, arXiv 0711.3996v1 [Nucl-th] ; [4] J. Suhonen, O. Civitarese, Nucl. Phys. A 924 (2014) 1



Results from the $\beta+\beta\beta$ calculations against the pnQRPA ranges from Gamow-Teller β decays



- **Faessler *et al.*:** A. Faessler, G. L. Fogli, E. Lisi, V. Rodin, A. M. Rotunno, F. Šimkovic, arXiv 0711.3996v1 [Nucl-th]
- **Suhonen *et al.*:** J. Suhonen, O. Civitarese, Nucl. Phys. A 924 (2014) 1
- **$\beta\beta$ ISM and IBM-2:** J. Barea, J. Kotila, F. Iachello, Phys. Rev. C 87 (2013) 014315

Spin-multipole NMEs

Results from:

Quenching of g_A
as derived from
spin-multipole NMEs
of forbidden unique β decays

Spin-multipole (SM) nuclear matrix elements

General half-life formula for the allowed and unique-forbidden beta decays

$$t_{1/2}^K(0_{\text{gs}}^+ \leftrightarrow J^\pi) = \frac{\text{Constant}}{\frac{g_A}{2J_i+1} (M^K(SMJ^\pi))^2 f_K},$$

where

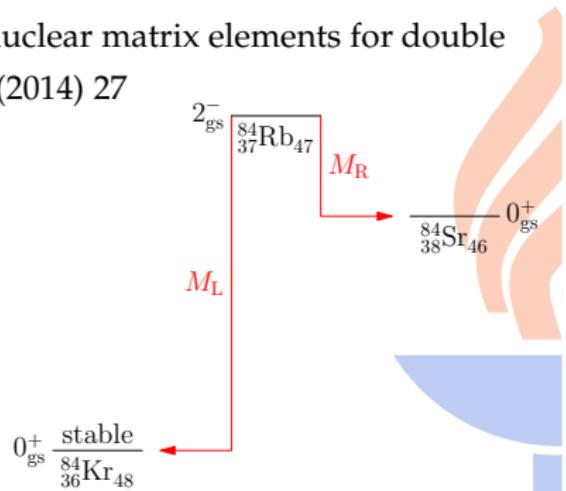
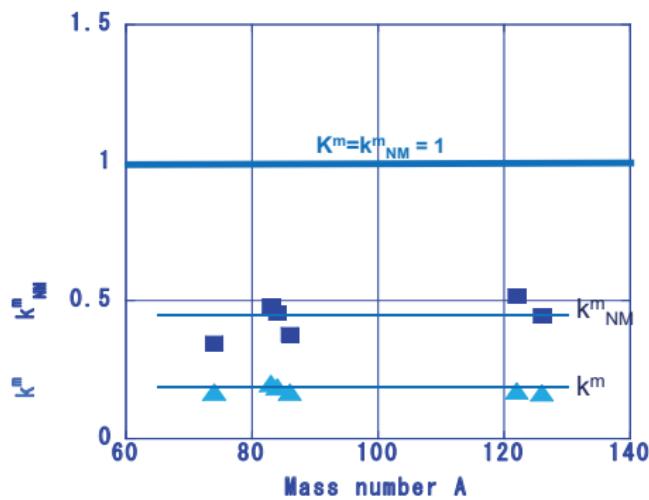
- f_K is the phase-space factor for the K^{th} forbidden (allowed $\equiv 0^{\text{th}}$ forbidden) unique β -decay transition,
- g_A is the axial-vector coupling constant,
- $J_i = J$ or $J_i = 0$ ($J = K + 1$) is the angular momentum of the decaying state, and
- $M^K(SMJ^\pi)$ is the spin-multipole NME for the K^{th} forbidden unique transition.

The unique decays are classified as:

| K | 0 (allowed) | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|---------|-------------|-------|-------|-------|-------|-------|-------|-------|
| J^π | 1^+ | 2^- | 3^+ | 4^- | 5^+ | 6^- | 7^+ | 8^- |

Global study for the first-forbidden ($K = 1$) spin-dipole $2_{\text{gs}}^- \rightarrow 0_{\text{gs}}^+$ decays

H. Ejiri, N. Soukouti and J. Suhonen, Spin-dipole nuclear matrix elements for double beta decays and astro-neutrinos, Phys. Lett. B 729 (2014) 27



$$\bar{M}(\text{SD}2^-) = \sqrt{M_L M_R}$$

$$\langle k \rangle = \left\langle \frac{\bar{M}_{\text{exp}}(\text{SD}2^-)}{M_{\text{qp}}(\text{SD}2^-)} \right\rangle \approx 0.18$$

$$\langle k_{\text{NM}} \rangle = \left\langle \frac{\bar{M}_{\text{exp}}(\text{SD}2^-)}{M_{\text{pnQRPA}}(\text{SD}2^-)} \right\rangle \approx 0.45$$

Decays through higher spin-multipole ($K \geq 2$) operators

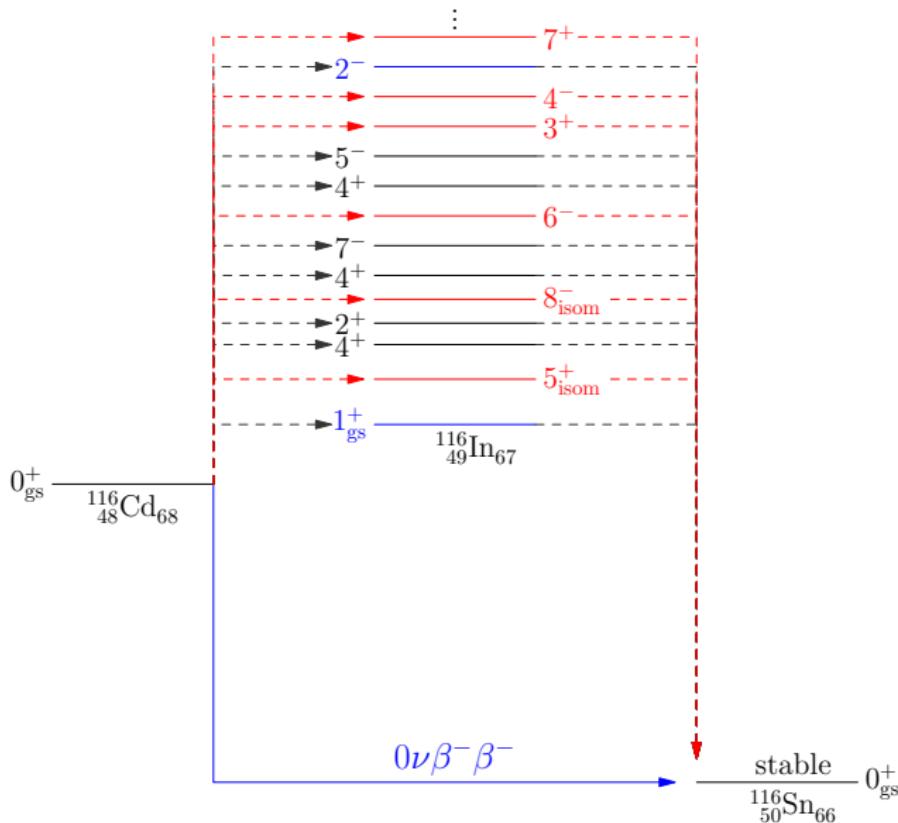
Question:

WHAT CAN WE LEARN
FROM THE UNIQUE HIGHER-FORBIDDEN
 β DECAYS?

Answer:

A LOT!

INCENTIVE: $0\nu\beta\beta$ decay through the higher spin-multipole states



Decays through higher spin-multipole ($K \geq 2$) operators

Task:

STUDY 148 UNIQUE HIGHER-FORBIDDEN
 β DECAYS IN ISOTOPIC CHAINS

Problem:

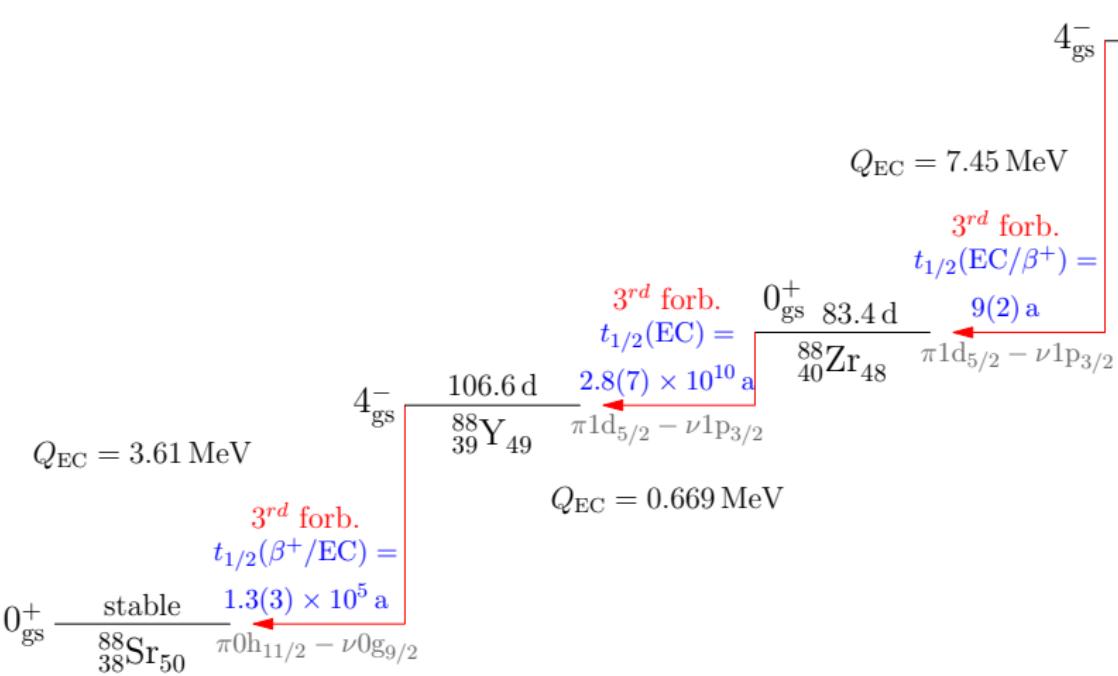
NO EXP. DATA AVAILABLE

Study:

$$k = \frac{M_{\text{pnQRPA}}^K(\text{SM}J^\pi)}{M_{\text{qp}}^K(\text{SM}J^\pi)} = ?$$

Dependence on K and mass number A ?

Example: Decays in the $A = 88$ chain



Example: Decays in the $A = 130$ chain (including a $\beta\beta$ decay)

$$0_{\text{gs}}^+ \xrightarrow[52]{130} \text{Te}_{78} \quad t_{1/2}(\beta^- \beta^-) = (6.9 \pm 1.3) \times 10^{20} \text{ a}$$

$t_{1/2}(\text{EC}) = 2.5(6) \times 10^{20} \text{ a}$

4th forb.

100%

$\pi 1d_{5/2} - \nu 1d_{5/2}$

$$Q_{\text{EC}} = 0.451 \text{ MeV}$$

$$Q_{\beta^-} = 2.984 \text{ MeV}$$

4th forb.

$t_{1/2}(\beta^-) = 5(1) \times 10^{11} \text{ a}$

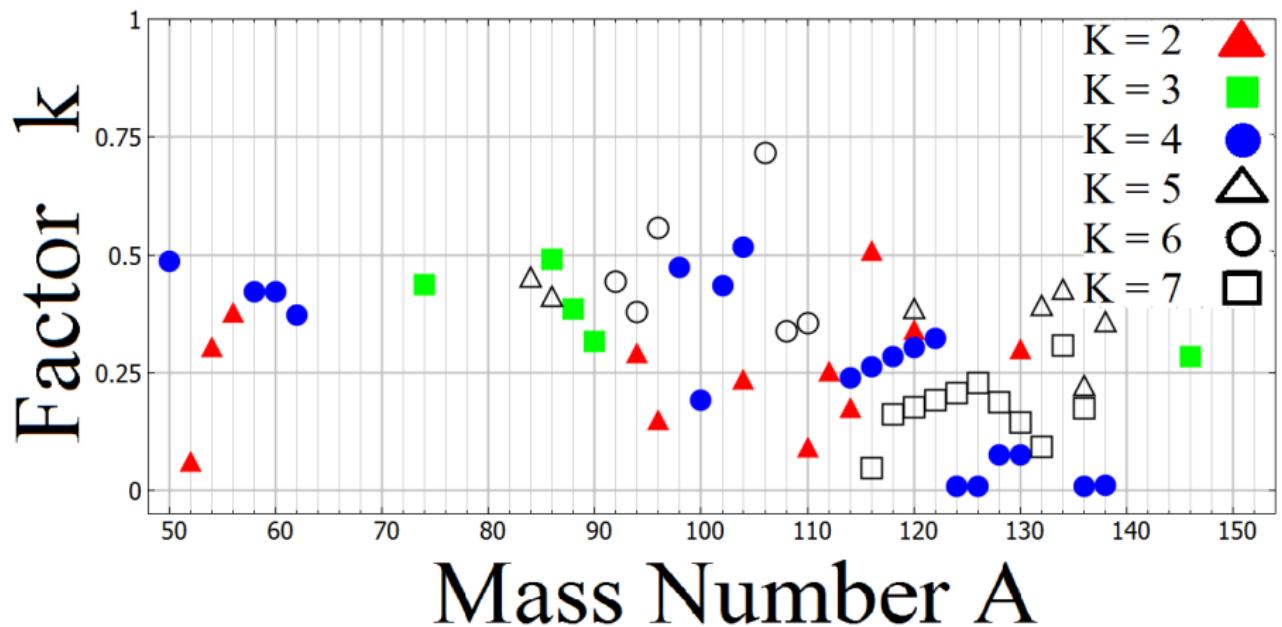
$\pi 1p_{3/2} - \nu 1f_{7/2}$

stable

$130_{54}^{\text{Xe}} 76$

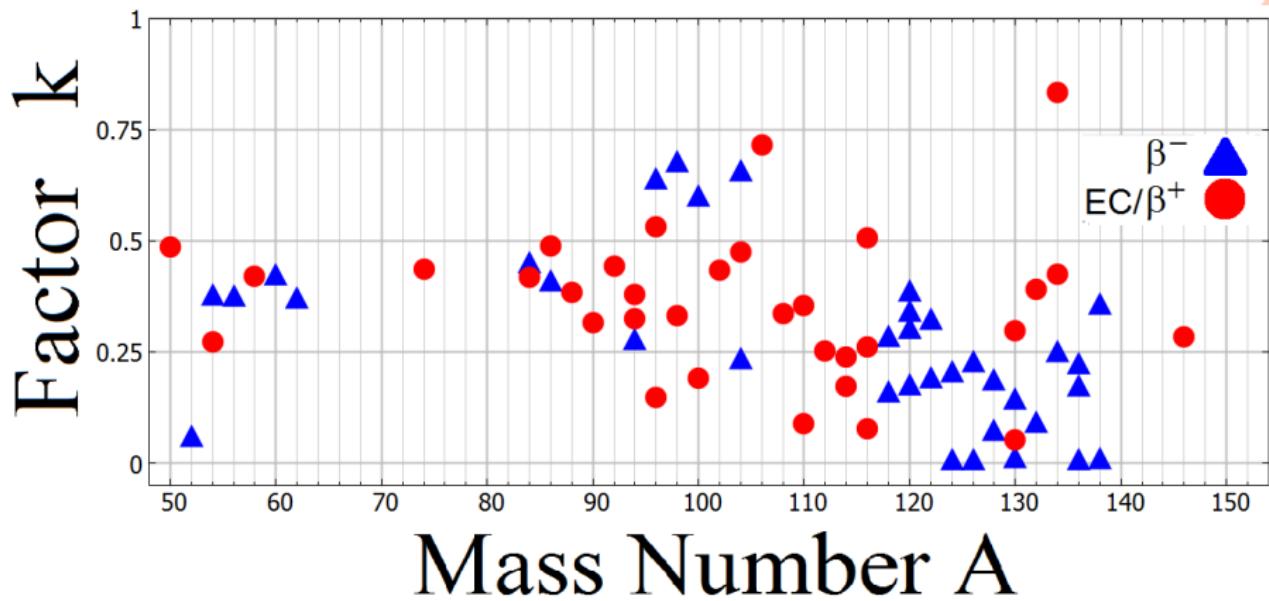
0_{gs}^+

Ratio k for 74 β decays involving non-magic nuclei



k extracted using the geometric mean of the full set of K^{th} ($K = 2 - 7$) forbidden β -decay transitions in an isobaric chain (J. Kostensalo, J. Suhonen, Phys. Rev. C 95 (2017) 014322)

Separation to β^- and β^+/EC decays



Results for the Ratio $k = M_{\text{pnQRPA}}^K(\text{SM}J^\pi)/M_{\text{qp}}^K(\text{SM}J^\pi)$

| A | GT [1] | $K = 1$ [2] | $K = 2$ | $K = 3$ | $K = 4$ | $K = 5$ | $K = 6$ | $K = 7$ | Avg. |
|-----------|--------|-------------|---------|---------|---------|---------|---------|---------|------|
| 50 – 88 | 0.35 | 0.40 | 0.25 | 0.46 | 0.43 | 0.43 | - | - | 0.39 |
| 90 – 122 | 0.52 | 0.40 | 0.25 | 0.35 | 0.34 | 0.38 | 0.41 | 0.13 | 0.31 |
| 122 – 146 | 0.40 | 0.40 | 0.30 | 0.28 | 0.07 | 0.35 | - | 0.19 | 0.24 |
| Average | 0.42 | 0.40 | 0.27 | 0.36 | 0.28 | 0.39 | 0.41 | 0.16 | 0.31 |

[1] H. Ejiri, J. Suhonen, J. Phys. G: Nucl. Part. Phys. 42 (2015) 055201

[2] H. Ejiri, N. Soukouti, J. Suhonen, Phys. Lett. B 729 (2014) 27

Conclusion: k is roughly independent of $K \Rightarrow$ Low-energy quenching of g_A derivable from the hatched regions of the Gamow-Teller studies in the pnQRPA framework:

| Mass range | $A = 76 - 82$ | $A = 100 - 116$ | $A = 122 - 136$ |
|---------------------------|---------------|-----------------|-----------------|
| $g_{A,0\nu}^{\text{eff}}$ | 0.7 – 0.9 | 0.5 | 0.5 – 0.7 |

Assumption: Also the **forbidden non-unique** virtual transitions behave like the **forbidden unique** virtual transitions.

Spectrum-shape method (SSM)

Results from:

Quenching of g_A
as derived from
electron spectra of
forbidden non-unique β decays

Spectrum shape of forbidden non-unique β decays

Half-life:

$$t_{1/2} = \kappa/\tilde{C}.$$

Dimensionless integrated shape function:

$$\tilde{C} = \int_1^{w_0} C(w_e) p w_e (w_0 - w_e)^2 F_0(Z_f, w_e) dw_e .$$

Shape factor:

$$C(w_e) = \sum_{k_e, k_\nu, K} \lambda_{k_e} \left[M_K(k_e, k_\nu)^2 + m_K(k_e, k_\nu)^2 - \frac{2\gamma_{k_e}}{k_e w_e} M_K(k_e, k_\nu) m_K(k_e, k_\nu) \right] ,$$

where

$$\lambda_{k_e} = \frac{F_{k_e-1}(Z, w_e)}{F_0(Z, w_e)} ; \quad \gamma_{k_e} = \sqrt{k_e^2 - (\alpha Z_f)^2} ,$$

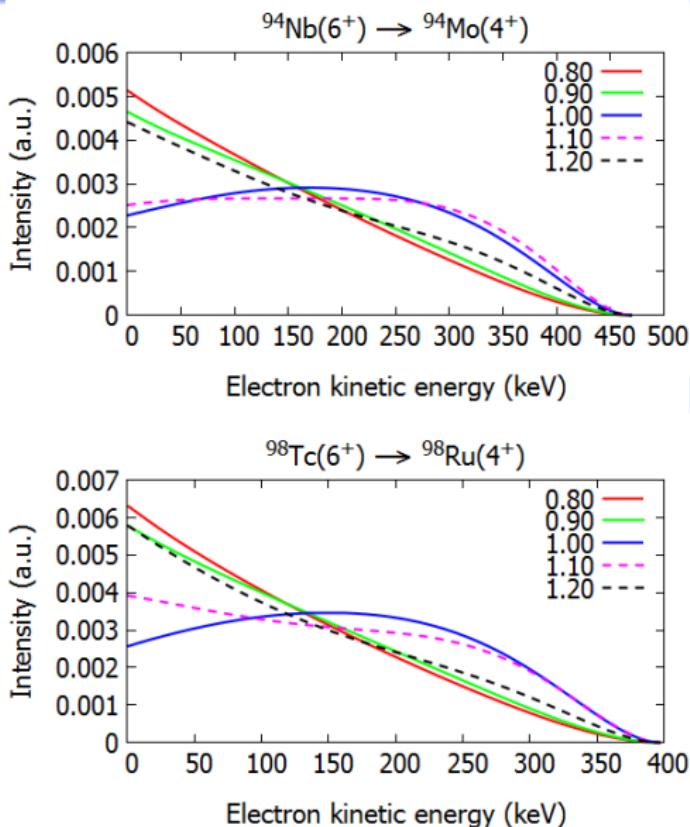
$F_{k-1}(Z, w_e)$ being the generalized Fermi function.

Decomposition of the shape factor:

$$C(w_e) = g_V^2 C_V(w_e) + g_A^2 C_A(w_e) + g_V g_A C_{VA}(w_e).$$

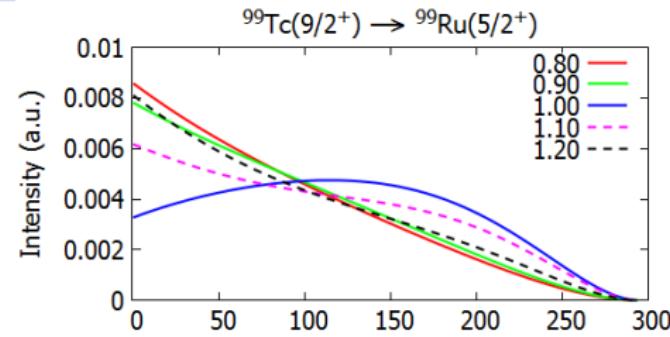
ISM-computed β spectra for different values of g_A

Normalized
ISM-computed
electron spectra for
the 2nd-forbidden
nonunique β^-
decays of ^{94}Nb and
 ^{98}Tc ($g_V = 1.0$).

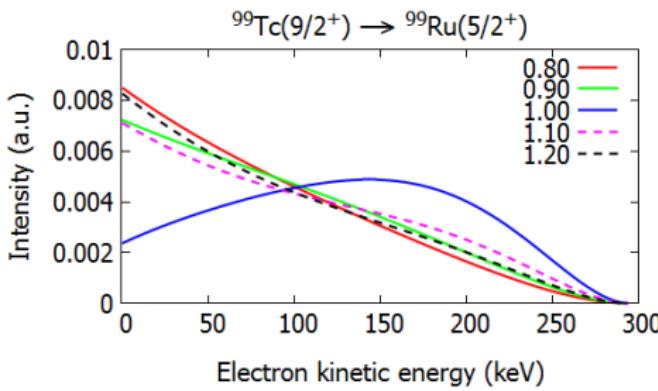


Example: ISM- and MQPM-computed electron spectra

Normalized ISM-
and
MQPM-computed
electron spectra for
the 2nd-forbidden
nonunique β^- decay
of ^{99}Tc ($g_V = 1.0$)
using different
values of g_A .



(ISM)



(MQPM)

Example: Decay of ^{113}Cd – Comparison with data

Normalized electron spectra

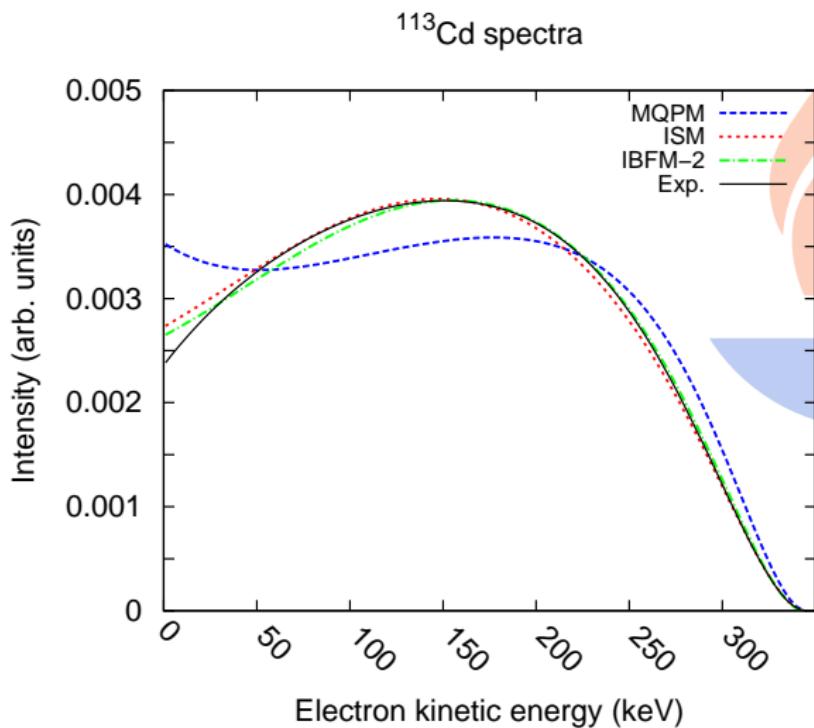
for the 4th-forbidden
nonunique β^- decay
 $^{113}\text{Cd}(1/2^+) \rightarrow ^{113}\text{In}(9/2^+)$
($g_V = 1.0$).

Experimental data from:

P. Belli *et al.*, Phys. Rev. C 76
(2007) 064603

All three nuclear models
give:

$$g_A \approx 0.92!$$



Summary of the exploratory work on β spectra

| Transition | $J_i^{\pi^i}$ (gs) | $J_f^{\pi^f}$ (n_f) | Branching | K | Sensitivity | Nucl. model |
|---|--------------------|-------------------------|-------------|----------|---------------|-------------------|
| $^{36}\text{Cl} \rightarrow ^{36}\text{Ar}$ | 2^+ | 0^+ (gs) | 98% | 2 | None | ISM |
| $^{48}\text{Ca} \rightarrow ^{48}\text{Sc}$ | 0^+ | 4^+ (2) | $\sim 0\%$ | 4 | None | ISM |
| $^{48}\text{Ca} \rightarrow ^{48}\text{Sc}$ | 0^+ | 6^+ (gs) | $\sim 0\%$ | 6 | None | ISM |
| $^{50}\text{V} \rightarrow ^{50}\text{Cr}$ | 6^+ | 2^+ (1) | $\sim 0\%$ | 4 | Weak | ISM |
| $^{60}\text{Fe} \rightarrow ^{60}\text{Co}$ | 0^+ | 2^+ (1) | 100% | 2 | None | ISM |
| $^{85}\text{Br} \rightarrow ^{85}\text{Kr}$ | $3/2^-$ | $9/2^+$ (gs) | $\sim 0\%$ | 3 | Moderate | MQPM |
| $^{87}\text{Rb} \rightarrow ^{87}\text{Sr}$ | $3/2^-$ | $9/2^+$ (gs) | 100% | 3 | Moderate | MQPM, ISM |
| $^{93}\text{Zr} \rightarrow ^{93}\text{Nb}$ | $5/2^+$ | $9/2^+$ (gs) | $5 \leq \%$ | 2 | Weak | MQPM |
| $^{94}\text{Nb} \rightarrow ^{94}\text{Mo}$ | 6^+ | 4^+ (2) | 100% | 2 | Strong | NSM |
| $^{96}\text{Zr} \rightarrow ^{96}\text{Nb}$ | 0^+ | 4^+ (2) | $\sim 0\%$ | 4 | None | ISM |
| $^{96}\text{Zr} \rightarrow ^{96}\text{Nb}$ | 0^+ | 6^+ (gs) | $\sim 0\%$ | 6 | Strong | ISM |
| $^{97}\text{Zr} \rightarrow ^{97}\text{Nb}$ | $1/2^+$ | $9/2^+$ (gs) | $\sim 0\%$ | 4 | Strong | MQPM |
| $^{98}\text{Tc} \rightarrow ^{98}\text{Ru}$ | 6^+ | 4^+ (3) | 100% | 2 | Strong | ISM |
| $^{99}\text{Tc} \rightarrow ^{99}\text{Ru}$ | $9/2^+$ | $5/2^+$ (gs) | 100% | 2 | Strong | MQPM, ISM |
| $^{101}\text{Mo} \rightarrow ^{101}\text{Tc}$ | $1/2^+$ | $9/2^+$ (gs) | $\sim 0\%$ | 4 | Strong | MQPM |
| $^{113}\text{Cd} \rightarrow ^{113}\text{In}$ | $1/2^+$ | $9/2^+$ (gs) | 100% | 4 | Strong | MQPM, ISM, IBFM-2 |
| $^{115}\text{Cd} \rightarrow ^{115}\text{In}$ | $1/2^+$ | $9/2^+$ (gs) | $\sim 0\%$ | 4 | Strong | MQPM |
| $^{115}\text{In} \rightarrow ^{115}\text{Sn}$ | $9/2^+$ | $1/2^+$ (gs) | 100% | 4 | Strong | MQPM, ISM, IBFM-2 |

Summary on β spectra continues

| Transition | $J_i^{\pi_i}$ (gs) | $J_f^{\pi_f}$ (n_f) | Branching | K | Sensitivity | Nucl. model |
|---|--------------------|-------------------------|-------------|---|---------------|-------------|
| $^{117}\text{Cd} \rightarrow ^{117}\text{In}$ | $1/2^+$ | $9/2^+$ (gs) | $\sim 0\%$ | 4 | Strong | MQPM |
| $^{119}\text{In} \rightarrow ^{119}\text{Sn}$ | $9/2^+$ | $1/2^+$ (gs) | $\sim 0\%$ | 4 | Strong | MQPM |
| $^{123}\text{Sn} \rightarrow ^{123}\text{Sb}$ | $11/2^-$ | $1/2^+$ (4) | $\sim 0\%$ | 5 | Weak | MQPM |
| $^{126}\text{Sn} \rightarrow ^{126}\text{Sb}$ | 0^+ | 2^+ (5) | 100% | 2 | None | ISM |
| $^{135}\text{Cs} \rightarrow ^{135}\text{Ba}$ | $7/2^+$ | $3/2^+$ (gs) | 100% | 2 | None | MQPM |
| $^{137}\text{Cs} \rightarrow ^{137}\text{Ba}$ | $7/2^+$ | $3/2^+$ (gs) | 5.4% | 2 | None | MQPM, ISM |
| $^{125}\text{Sb} \rightarrow ^{125}\text{Te}$ | $7/2^+$ | $9/2^-$ (3) | 7.2% | 1 | None | MQPM |
| $^{141}\text{Ce} \rightarrow ^{141}\text{Pr}$ | $7/2^-$ | $5/2^+$ (gs) | 31% | 1 | Weak | MQPM |
| $^{159}\text{Gd} \rightarrow ^{159}\text{Tb}$ | $3/2^-$ | $5/2^+$ (1) | 26% | 1 | None | MQPM |
| $^{161}\text{Tb} \rightarrow ^{161}\text{Dy}$ | $3/2^+$ | $5/2^-$ (1) | $\sim 0\%$ | 1 | None | MQPM |
| $^{169}\text{Er} \rightarrow ^{169}\text{Tm}$ | $1/2^-$ | $3/2^+$ (1) | 45% | 1 | None | MQPM |

Conclusions and Outlook

Conclusions:

- The long chain of ISM calculations and the recent pnQRPA and IBM-2 calculations of Gamow-Teller β decays and $2\nu\beta\beta$ decays are (surprisingly!) **consistent with each other** and clearly point to a **A-dependent quenched g_A**
- Previous studies on GT 1^+ and SD 2^- β decays shed light on the **suppression chain: quasiparticle NME \rightarrow pnQRPA NME \rightarrow experimental NME**
- From studies of **unique high-forbidden** β decays ($K \geq 2$) the **suppression chain: quasiparticle NME \rightarrow pnQRPA NME** can be extracted \rightarrow **expected half-lives** for the 148 studied **unique high-forbidden** β decays \rightarrow one can speculate about modifications in the pnQRPA computed **$0\nu\beta\beta$ -decay half-lives**
- The **spectrum-shape method (SSM)** for forbidden non-unique β decays is a **robust tool** (largely independent of the nuclear model, the assumed Hamiltonian and mean field) to search for the **effective value of g_A**

Outlook:

- Urge **measurements of the β spectra** for the (5) interesting decays amenable to the SSM
- Find ways to use the present studies in a more **reliable prediction** of the **$pnQRPA$ -based $0\nu\beta\beta$ NMEs**